

# DINNERLY



## Low-Cal Lebanese Chicken Grain Bowl

with Roasted Veggies, Spinach and Quinoa



25 minutes



2 Servings

There's no need for calorie counting here, and isn't that a relief! With kofta-spiced chicken, nutty quinoa and a trio of veg, you'll be polishing off every last bite.



## WHAT WE SEND

- 125g quinoa
- 10g kofta seasoning <sup>17</sup>
- 1 red onion
- 1 red capsicum
- free-range chicken tenderloins
- 50g baby spinach leaves

## WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil
- 1 tbs balsamic vinegar <sup>17</sup>
- 2 tsp honey

## TOOLS

- sieve
- small saucepan with lid
- oven tray
- baking paper

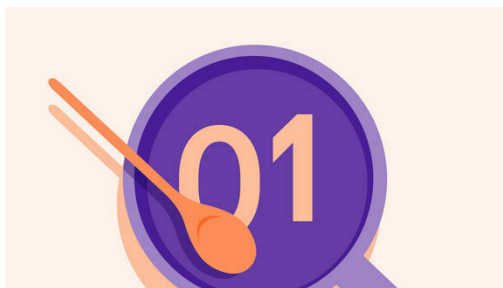
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 599kcal, Fat 16.6g, Carbs 60.1g, Proteins 45.1g



### 1. Cook quinoa

Preheat the oven to 220C. Put the **quinoa** in a sieve, then rinse well and drain (see Kitchen 101). Put the quinoa in a small saucepan with **half the kofta seasoning** and **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



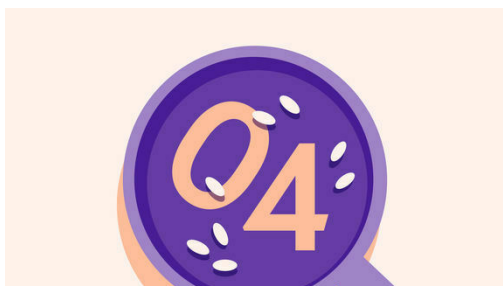
### 2. Prep veggies

Meanwhile, line an oven tray with baking paper. Cut the **onion** into 1cm-thick wedges. Cut the **capsicum** into 1.5cm chunks. Crush or finely chop **1 garlic clove**. Combine **1 tbs olive oil**, **1 tbs balsamic vinegar** and **2 tsp honey** in a large bowl. Add the **veggies**, season with **salt and pepper** and toss to coat. Put on the lined tray.



### 3. Roast chicken and veggies

Combine the **garlic**, **remaining kofta seasoning** and **2 tsp olive oil** in the same bowl. Add the **chicken**, season with **salt and pepper** and toss to coat. Put the chicken on top of the veggies on the tray and roast for 15 mins or until the chicken is cooked through and the veggies are tender.



### 4. Wilt spinach

Put the **spinach** in a large bowl. Shred the **chicken** with two forks. Add the shredded chicken, **veggies** and any tray juices to the spinach and toss until combined and the spinach is wilted.



### 5. Serve up

Add the **quinoa** to the spinach mixture and toss to combine. Taste, then season with **salt and pepper**. Divide among bowls and enjoy!



### 6. Kitchen 101

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.